



Wellness Policy

Facilitator's Guide

Objectives	Estimated Time
Welcome and introductions	10 minutes
Understanding what a wellness policy is	50 minutes
Understanding the Healthy, Hunger-Free Kids Act 2010	30 minutes
Understanding the nutrition component	20 minutes
Understanding the physical activity component	20 minutes
Awareness of what a wellness policy looks like	25 minutes
Closing, reflection and evaluations	10 minutes

Materials Needed

- booklet for each participant
- resource booklet for each participant
- a copy of the sample wellness policy
- chart paper
- markers
- easel (optional)
- highlighters (optional)
- Post-It notes
- name tags
- blank paper
- computer for PowerPoint presentation
- Internet connectivity, if available

Welcome and Introductions

Welcome each participant. If working with school council members from multiple school councils, ensure that schools are sitting together. Review the materials that are provided as well as highlighters and Post-It notes. Have each participant introduce themselves and the role that they have on the school council (i.e., administrator, teacher or parent). Thank each participant for his or her service, especially parents. Encourage each to participate fully and to ask questions. Create a “parking lot” for questions. Review the booklet provided to each participant: the Resource Booklet. Call attention to the session objectives.

Session Overview and Student Achievement

Ask participants to describe the main purpose of any school council. Read the student achievement paragraph, emphasizing the main focus of the school council being student achievement.

Explain to participants that in this training, they will be learning about what a wellness policy is and what is required to be in the wellness policy.

What is Wellness?

With their table, participants will brainstorm what wellness and nutrition means to them and what the benefits are to having this policy in schools. Have participants complete the WELLNESS acrostic in which each letter represents a term that reflects what wellness is. Have each table write their acrostic on the chart paper. After 10 minutes, share charts with whole group. An example is below:

Walking 30 to 60 minutes a day

Exercise regularly

Less sugary foods

Less distracted in class

Nutrition

Energy levels increased

Sleeping at least 7 hours a night

Strong and healthy

Read over KRS 160.345(11), which states that elementary schools must have a wellness policy. Have participants locate the answers to the questions. Explain that there also has to be a district wellness policy that applies to all schools in the district.

Healthy, Hunger-Free Kids Act 2010

Explain what the Healthy, Hunger-Free Kids Act 2010 is. Have participants list on chart paper what policies/guidelines they think should be included in a wellness policy. Have each table share their list. If Internet access is available, show the website link walking through how to navigate site.

Describe what is required in a wellness policy according to the Healthy, Hunger-Free Kids Act 2010.

Have participants complete the reflection.

This is a good place for a break.

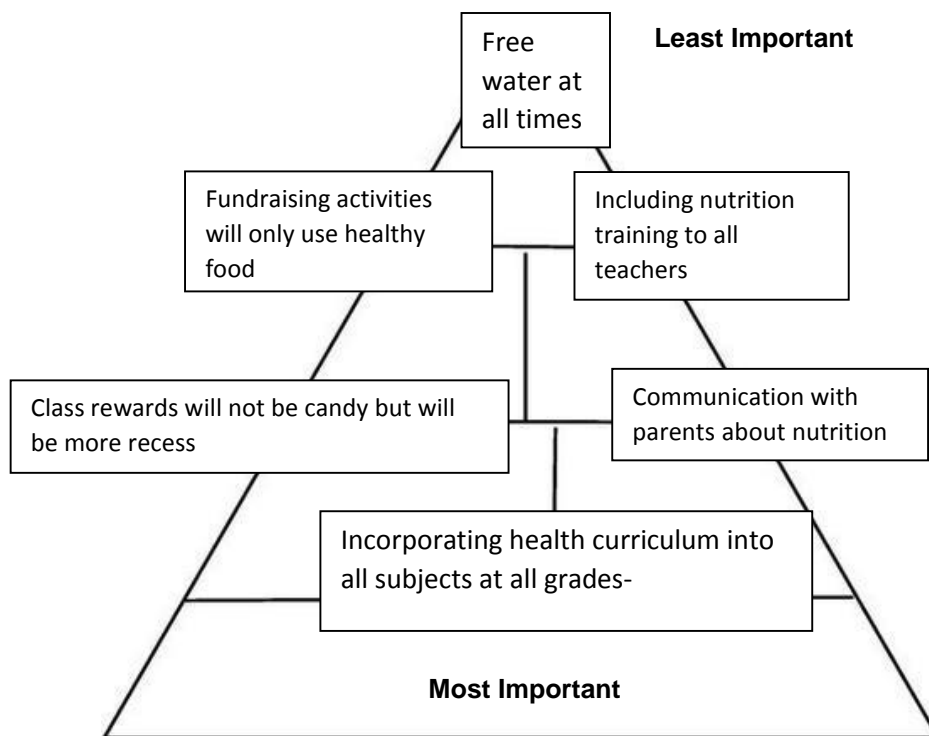
How does this policy relate to SBDM?

Review the core goal on how a wellness policy affects student achievement. Have participants will then take health quiz. Allow just a couple of minutes.

1. What are the five main food groups? **Grains, fruits, vegetables, dairy, protein/meats**
2. What are the recommended servings of each food group per day? **Grains: 6 to 8, Fruits: 2, Vegetables: 2 to 3, Dairy: 3, Protein: 2 to 3**
3. How much water should you drink a day? **Half of your body weight in ounces**
4. How much exercise should a child get per day? **60 minutes**
5. What percentage of children is not getting the recommended amount of exercise a day? **75 percent**
6. What is the percentage of high school students who are obese/overweight? **13.7 percent obese, 16.6 percent overweight**
7. How many hours a week do children spend watching TV? **28 to 32 hours**

Nutrition Component

Have participants complete the food pyramid activity. They will rank what is most important when it comes to nutrition education and promotion. They will share with their table. Have volunteers share their completed pyramid with the whole group.



Ideas of items to rank:

- Fundraising activities will only use healthy food or be something that promotes activity.
- Class celebrations will include approved food items, and rewards will not be candy.
- Communication with parents will include weekly nutrition newsletters, weekly menus with nutrition facts and ideas for physical activity.
- Providing free water bottles at all times.
- Incorporating health curriculum into all subjects at all grades.
- Including nutrition training to all teachers and staff.

Discuss the nutrition requirements according to the USDA National School Lunch Program. Then discuss goals relating to nutrition education and promotion.

With their table, participants will think of goals/guidelines related to nutrition promotion that could be in the school wellness policy.

Physical Activity Component

Read 702 KAR 6:090-Section 6 about including physical activity in the schools. Discuss physical activity goals that should be included in the wellness policy and what the goals should do.

Have participants write their favorite type of exercise and brainstorm ways that specific exercise could be incorporated into school curriculum.

Talk about other methods of physical activity. Discuss what Take 10! is and show an activity. If time allows, show the website.

Sample Wellness Policy

Ensure that each participant has a copy of the sample wellness policy. Have participants read over the sample wellness policy with their table group and then answer the questions.

1. What are the strengths?
2. How can the policy be strengthened?
3. What could be added to your school/district wellness policy to make it more effective?

Reflection

Participants will complete the reflection activity. As they are doing that, pass out the EILA certificates and the evaluation form.